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CHAMBER PRESENTS BUSINESS AWARDS AND SCHOLARSHIPS

The Linden Chamber of Commerce held their twenty-first annual scholarship and business awards dinner on June 10, 2022 at Ill Amici Ristorante in Linden, New Jersey. Six scholarships totaling \$5,500 were awarded to Linden High School seniors Mariana Balladares, Hailey Elizabeth Birch, Gabriella Czialek, Marianne Da Fonseca, Heather Forde, and Lukas Mikulenas.

The Linden COC hosts several events during the year to raise scholarship monies. In addition to an ad journal, this event's Host Sponsors were Samsel & Associates, Gordon Realty Management and Phillips 66 Bayway Refinery. Reception Sponsors were Quality Auto Care of Springfield, Dunkin Donuts on Edgar Rd., Northfield Bank, Infineum and KAD Associates.

A 'Business of the Year' award was given to Columbia Bank. Columbia Bank has been serving the community since nearly 100 years ago with the founding of a single branch in Fair Lawn. They've grown over the years with a large branch network that spans the state of New Jersey and three regional lending centers. They offer a full range of banking products, evenly spread between commercial and consumer. The Linden branch, located at 701 N Wood Ave., is managed by Ingrid Andread and her friendly staff.

A 'Business of the Year' award was given to the Housing Authority City of Linden. Led by Executive Director Ann Ferguson, the Authority manages three high-rise apartment buildings, Ann J. Ferguson Towers, Edward J. Murawski Towers and John T. Gregorio Towers. Amongst these buildings, there are a total of 430 apartments. In addition, the Housing Authority also manages 357 Section 8 vouchers that are found throughout Linden, Roselle and Roselle Park.

Along with housing, the senior/disabled residents are offered, free of charge, a medical doctor, an ophthalmologist, and podiatrist along with access to an on-site social worker to help with various needs. They are also given food boxes, breads, deserts and fresh fruits and vegetables at least once per month.

A Person of the Year Award was given to Mary



(above, l-r) Scholarship winners Gabriella Czialek, Mariana Balladares, Heather Ford, and Hailey Elizabeth Birch, with Linden Chamber of Commerce representatives Ingrid Andrade and Janet Miller.
Not pictured: Lukas and Marianne Da Fonseca.

See more photos on page 12.

Phillips, the Community Relations Coordinator for Phillips 66 Bayway Refinery. Her responsibilities include managing the local charitable contributions budget, coordinating donations, facilitating/managing Bayway's Community Advisory Panel (CAP) quarterly meetings, and planning numerous community outreach and employee programs/events for one of the largest oil refineries on the East Coast. Since 2004 Mary has been the Community Relations Coordinator, working with and supporting over 75 charitable organizations surrounding the facility.

Mary is also a member of the Planning/Steering Committees for Trinitas Hospital Foundation Gala; RWJU Hospital Rahway Foundation Rose Ball; Tribute to Women & Industry (TWIN) Awards benefitting the YCWA Union County; Kiwanis Club of Linden; Linden Industrial Association, Linden Chamber of Commerce, was an Advisory Board Member for Josephine's Place for six years, and St. Joseph Social Service Center Business Council Ad Hoc Advisory Committee.

A Special Recognition of the Year Award was given to Pinho's Bakery. Owners Raul and Julie Pinho, along with their family, were honored for their generous contributions to the community.

The Linden Chamber of Commerce is made up of volunteers and is actively involved in the community. The Chamber works to provide support for new and current businesses, advocates site development and promotes a forward thinking and carefully planned business environment in Linden. Their meetings are designed for sharing information and experiences. Representatives from the Linden Government are always in attendance at meetings, which allows for an open and communicative relationship between business owners and the municipality. Meetings take place at 8:30 a.m., on the fourth Tuesday of every month except July and August. For more information about the Linden Chamber visit gatewaychamber.com or call (908) 352-0900.

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LIFE in LINDEN

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SCHOLARSHIPS AWARDED TO LOCAL STUDENTS

The Bayway Community Advisory Panel (CAP), an organization of local community members and industry representatives including Phillips 66 Bayway Refinery, Infineum USA L.P., Linden Cogeneration Plant, Veolia North America, and Linden VFT LLC, recently awarded \$1,000 scholarships to 7 local students in the municipalities of Linden, Elizabeth, and Staten Island.

The Bayway Community Advisory Panel (CAP) is a committee of community representatives from Linden, Rahway, Elizabeth, and Staten Island including neighbors, educators, retirees, public officials, emergency responders, and environmentalists who attend quarterly meetings that serve as a forum for dialogue between the community and company representatives, in order to build trust by sharing information on safety, health, the environment, security and emergency preparedness/response. The scholarship program is one of many joint community/company activities benefitting the local communities.

Congratulations to the following high school seniors who will be pursuing Process Technology or Engineering degrees in various disciplines (Chemical, Computer, Electrical, Mechanical) this fall at college:

Emily Hernandez, Brandon Mayancela, Lukas Mikulenas, Jerry Martinez, Diego Reyes, Joseph Masica, Jesus Rodriguez



(above) Lukas Mikulenas (Linden resident),
Academy for Information Technology,
Scotch Plains, NJ,
Course of Study: Computer Engineering,
Company Sponsor: Phillips 66 Bayway

(not pictured) Jesus Rodriguez,
Linden High School, Linden, NJ,
Course of Study:
Electrical and Computing Engineering,
Company Sponsor: Linden VFT LLC

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FORMER LINDEN TEACHER HONORED FOR VOLUNTEERISM

Submitted by Dr. D. Michael Hart
Marilyn Ryan was presented with the prestigious Jean Harris Award at a recent meeting of the Rotary Club of Westfield. This award is given to a non- Rotarian who does exceptional service to the community. It is a District-wide award. The Rotary District 7475 comprises of 77



(above, l-r) District Awards Chair David Breidinger, Jean Harris Award recipient Marilyn Ryan, Rotary Club Foundation Chair Liz Ensslin.

Courtesy photo

clubs through 9 counties in northern New Jersey District Awards Chair David Breidinger, from the Rotary Club of Trenton, presented this award on June 7, 2022.

Past President and Rotary Club Foundation Chair Liz Ensslin nominated Marilyn because she has worked closely with her for many years through the Rotary’s food program to feed the hungry. Her remarks are as follows:

“Marilyn has dedicated her entire life to those in need. After earning a bachelor’s degree in education from Seton Hall University in South Orange, Marilyn embarked on a 20-year career as a teacher in the parochial school systems in both Elizabeth, at St. Genevieve’s and Blessed Sacrament, and Linden. She returned to school and became a licensed practical nurse, working in the Rahway Hospital Pediatrics Unit for the next 12 years. In 1985, she assumed the position of Pastoral Associate at Parish Community of Saint Helen in Westfield. In this role Marilyn coordinates many Outreach Programs and Eucharistic Ministry. Marilyn is the coordinator of the Helping Hands and Hearts Program, which is designed to provide temporary financial or material assistance to those in need in our community. Marilyn serves on the advisory board of Sister Pat’s Camp for Kids with Cancer in New York and is an Emeritus Member of the Board of St. Joseph’s Social Center in Elizabeth. What is most important to know about Marilyn is that she

is truly one of the most selfless people we know. The poor, the hungry and those in need always come first. She is the driver of our Soup Kitchens, Food Pantry, Service Auction and many other ministries.

When it comes to her work, Marilyn leads by example. She empowers others to lead their ministries for the poor and disadvantaged, but she also never hesitates to roll up her sleeves, pack Thanksgiving Baskets or deliver gifts to the poor. Marilyn knows first-hand that to “Give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime.” Her legacy is not only the work she does herself but the work she supports and empowers others to do. While we think of Marilyn delivering to those in need, we also deeply value the support she provides to members of our community who are suffering from illness, grief or a family crisis. She has truly touched the hearts of many and taught us how to serve others and be an advocate for others less fortunate than ourselves.”

Many guests attended the meeting and gave Marilyn accolades for her dedicated service to the community and surrounding avenues.

The Rotary Club of Westfield meets the first three Tuesdays of the month at noon at Limani Restaurant on North Ave. Guests are always Welcome. For information check the Rotary Club website at westfieldrotary.org or contact secretary Michael Hart by email drmhart@yahoo.com.



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U.S. CITIZENSHIP COURSE AT THE LINDEN LIBRARY

The Linden Public Library is proud to partner with the Jewish Vocational Service (JVS) of Metrowest New Jersey to co-sponsor a 20-session U.S. Citizenship course. The course will be held at the Linden Public Library, located at 31 East Henry Street in Linden. Classes are scheduled on Monday and Wednesday evenings from 6:30 to 8:30 p.m. They will begin on Monday, July 11th and continue for ten weeks through September 19th. No classes will be held on Labor Day, September 5th.

Jewish Vocational Service is offering this free class to help Legal Permanent Residents prepare for the United States Citizenship Exam. The curriculum includes English instruction, American History, Civics, and the N400 Naturalization Application. The class will give students the chance to practice for 100 civics questions and participate in mock interviews.

Each student will receive a textbook and study materials. A Green Card is required to participate and must be brought to the first class.

Since it was founded in 1939, the Jewish Vocational Service of MetroWest New Jersey (JVS) has helped people help themselves through innovative programs in vocational training, education, and career counseling that create pathways to hope, independence, and employment. Inspired by Jewish values, JVS has proudly served clients from any and all backgrounds. The Linden Public Library has been at the center of the city's social, cultural, artistic and educational life since it was founded in 1928.

For more information or to register for the classes, please call the JVS at 862-704-2291 or email adultschool@jvsnj.org.

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JULY FILMS TO BEAT THE HEAT

The Linden Public Library will continue its popular film program during the month of July. Films are shown on Tuesdays and Fridays at 1:00 p.m. in the Columbia Bank Room. All films are shown free of charge.

This month we celebrate the 75th birthday of Larry David with two films; award winning actor and New Jersey native, Peter Dinklage, with two others; the centennial of multiple Oscar winner, Jason Robards, Jr; three-time Best Actress Oscar winner, Frances McDormand; the 100th birthday of television pioneer, Norman Lear, with the only Oscar of his long career; and a recent western to end the month. The list includes:

JULY 5: WHATEVER WORKS

(2009; PG-13; 93 minutes)

JULY 8: CLEAR HISTORY

(2013; TV-MA; 101 minutes)

JULY 12: CYRANO

(2022; PG-13; 123 minutes)

JULY 15: THE STATION AGENT

(2003; R; 89 minutes)

JULY 19: MELVIN AND HOWARD

(1980; R; 95 minutes)

JULY 22: THE FRENCH DISPATCH

(2021; R; 117 minutes)

JULY 26: DIVORCE AMERICAN STYLE

(1967; NR; 109 minutes)

JULY 29: DESPERATE RIDERS

(2022; PG-13; 03 minutes)

Located at 31 East Henry Street, the Linden Public Library has been at the center of the city's social, cultural, artistic and educational life since it was founded in 1928. If you have any questions, please call the library at 908-298-3830 or check out the library's Facebook page or web site at www.lindenpl.org.

FOR THE LOVE OF THRIFT SHOPPING

The Gift and Thrift Boutique is found in The Episcopal Church of St. John the Baptist, 2018 Dewitt Terrace in Linden, NJ. The Gift and Thrift Boutique will be open on the 2nd and 4th Wednesday from 2 to 6 p.m. and on the 2nd and 4th Saturdays from 9 a.m. to 3 p.m. Customers enter the main doors on Dewitt Terrace and follow the stairs to the store. The space is not handicap accessible. The Gift and Thrift Boutique features clothes, shoes, jewelry, kitchen and household items, decorations for the home, toys, CD's, DVD's and seasonal holiday materials. Hundreds of items at great prices.

All revenue supports the ministries of the Episcopal Church of St. John the Baptist.

For more information, friend the Gift and Thrift Boutique on Facebook, call the church at 908 925-1535 or email giftandthriftboutique@yahoo.com.

RELIEF FROM CHRONIC KNEE PAIN

FDA Approved Treatment to Avoid Surgery

DON'T BLAME THE ARROW FOR MISSING THE TARGET

Just like tens of millions of other Americans, you were looking for relief from your chronic knee pain. You thought Viscosupplementation injections might be the answer, but the results were disappointing and painful. Don't assume the treatment wasn't right. That could very well be like blaming the arrow for its path to the target when the problem might be the archer. If you didn't get the pain relief you were hoping for, chances are your injection treatment was off target. Unlike blind injections or even ultrasound targeted treatments found elsewhere,

Northeast Spine & Wellness Center uses diagnostic fluoroscopy to make sure the area that needs treated is the exact area where the injection goes. This is the most advanced method of delivering this pain relieving treatment with 95% accuracy to give you the results you're looking for. The use of Fluoroscopy guided injections sets **Northeast Spine & Wellness Center** apart. The end result is you living pain free from your chronic knee pain. You can avoid the lengthy and painful road of knee replacement surgery. You can avoid the endless trial and error assortment of potentially addictive prescription medications. This treatment, using fluoroscopy guided injections has seen a success rate of above 85% in those suffering from knee pain related to osteoarthritis, and that includes people with bone on bone involvement. You've suffered from chronic knee pain long enough. Call **Northeast Spine & Wellness Center** now for a RISK FREE consultation.



If Knee Surgery Sounds Scary, It Should

Have you have been told you are facing knee replacement surgery? Have you been told about all the downsides you could be facing? First and foremost, there are NO guarantees that knee replacement surgery will be the answer to your pain, but let's look further:

- Surgery is costly, regardless of the percentage of services covered by insurance.
- Surgery requires lost time from work and typically requires a regimen of rehabilitation and medications.
- With surgery, there is always a risk for unwelcomed complications. And you could be back to where you started, or worse.
- Medications will be required for relief from surgery and you have been down that road before. Additions to these pain medications can cause potential side effects, something you do not want to experience.
- Rehabilitation can take years.

Consider This Alternative To Surgery

Northeast Spine & Wellness Center offers you a real opportunity and a painless way to say goodbye to your knee pain without any surgery. Here are just a few of the important benefits you should consider?

- Diagnostic fluoroscopy accurately targets the pain, unlike blind injections.
- Guided fluoroscopic injections are virtually pain free, unlike blind injections.
- No lost time from work or family.
- No expensive or time consuming rehabilitation.
- No potentially addictive prescription medications.
- Recovery time is almost instant, not months or years.

How Does This New Treatment Work?

Relief begins almost as fast as it takes to pronounce the treatment. It's called Viscosupplementation Therapy. To begin with, it starts with **Northeast Spine & Wellness Center** investing in the use of diagnostic fluoroscopy. This enables them to target the exact location of your knee pain with pinpoint accuracy. What follows is a simple injection that causes little to no pain, especially when compared to what you may be living with daily. That explains what you will see on the surface of this revolutionary treatment. What's taking place below the surface is how and where the natural healing process takes place. The injection of a Hyaluronic acid called Hyalgan. This gel-like substance was approved by the FDA in 1996. Hyalgan is a natural substance that mimics the synovial fluid that is already produced by your body in your joints. Osteoarthritis sufferers in particular see a reduction in this much needed synovial fluid in their knee joints. Without that cushioning layer of protection, the cartilage in your knee can begin to wear away leading to the rubbing of bone on bone. Through Viscosupplementation Therapy, this natural substance immediately goes to work reducing the swelling and inflammation in the joint and adding a coating layer of protection. Think about Dorothy taking the oil can to The Tin Man. You'll begin to feel that same kind of relief and quite possibly feel like you're ready for a dance down the yellow brick road to recovery yourself. And with a success rate of over 85% in alleviating pain associated with osteoarthritis, it's easy to see why this treatment is so readily covered by Medicare and by most major insurance providers. Diagnostic fluoroscopy to target the pain, Viscosupplementation Therapy to relieve the pain. Simple, fast and no surgery!

Do you Suffer from any of these Symptoms?

There are a number of reasons why you developed Osteoarthritis pain. It can develop with age or because of heredity. It could be from repetitive stress from a job or some glory days in athletics. Of course your concern is with the symptoms you face daily and how to make them end, hopefully without surgery or the use of potentially addictive medications. **Northeast Spine & Wellness Center** understands the symptoms you have been living with and can help. If you have any of the symptoms below, please call us today. Relief is a phone call away.

- **Pain** - Whether it's a sharp aching or maybe a burning sensation, the pain can range from irritating to debilitating.
- **Swelling** - This can cause tenderness and soreness to the entire knee area, making walking or going up and down stairs painful, getting in and out of bed or bathtubs difficult and dangerous just name a few activities affected by swelling.
- **Stiffness** - Getting up out of bed or after sitting for a period of time gets more and more difficult. This loss of mobility can be more than a hindrance. It can be dangerous if you need to move quickly.
- **Loss of muscle strength** - This can lead to balance issues and the strong possibility of falling.
- **Joint deformity** - Not just unsightly, but painful as well.
- **Creaking Joints** - Can be painful and a sign of more discomfort to come.
- **Sleepless nights** - Losing sleep over your suffering is not just irritating, but potentially dangerous because of so many other health concerns that can be affected by loss of sound sleep.

Let Me Show You Targeted Relief From Your Knee Pain

Every day, I see patients suffering from knee pain due to arthritis, osteoarthritis, sports injuries or other conditions. Many have been told that they are in need of knee replacement surgery. Other patients say they have been prescribed various prescription medications to deal with the pain.

Something else I see almost every day, are patients that have tried viscosupplementation knee injections elsewhere and found it to be a painful and ineffective experience because the injections were not administered using fluoroscopic guidance. Instead of using the incredibly accurate diagnostic fluoroscopy we use at **Northeast Spine & Wellness Center** these patients experienced a blind injection technique, which can be as inaccurate as playing pin the tail on the donkey.

Once I am able to explain to my patients about the pin point accuracy of using diagnostic fluoroscopy and the amazing results viscosupplementation can provide, they are thrilled to get started. They are even more thrilled when they feel the relief. Please contact **Northeast Spine & Wellness Center** today to schedule your RISK FREE consultation.

Call 732-827-0800

Scot Paris MD, FACS



Here's what our patients have to say

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- Patricia G.

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- Perry O.

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- Quenton L.

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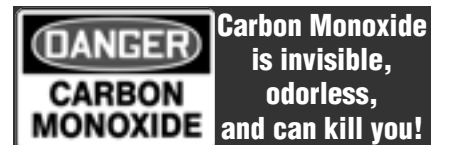
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KIWANIS CLEANING SUPPLY COLLECTION

The Kiwanis Club of Linden is spearheading a collection for cleaning supplies and other items for donation to the Elizabeth Coalition to House the Homeless. The Coalition is located in Elizabeth, but also provides services/programs for individuals and families in surrounding Union County communities including Linden.

Various items are needed for the Coalition's temporary transitional housing program, that helps working, low-income individuals/families get back on their feet.

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| • Twin & Full Sheets | *Please |
| | - NO bleach |

Donation bins are located at the Linden Free Public Library and Linden City Hall. Please join the Kiwanis Club of Linden in this community service project. Questions can be directed Lois Bass, 908-296-5266 or June Lazaro, 908-930-8310.

For more information about the Elizabeth Coalition to House the Homeless visit: <https://www.theelizabethcoalition.org/>

Kiwanis Club of Linden holds hybrid meetings monthly, on the fourth Thursday. Lunch is offered to those attending in person at 1301 Kent Place in Linden. The June meeting will be held on June the 26th, Thursday at 12 pm to 1 pm. One can attend in person or virtually via zoom. Lois Bass, a retired employee from Infineum USA L.P., is our current President.

Interested in having an impact on our youth and serving our community? Contact June Lazaro to be invited to one of our luncheons. For information on joining, contact June at 908-930-8310 or email her at junlazaro@verizon.net. Together we can positively impact the future by guiding children through leadership and community service. Thank you!

KIWANIS CLUB PRESENTS SCHOLARSHIPS

Submitted by Lois Bass, President

The Kiwanis Club of Linden presented three Linden students a \$1,000 Scholarship for the Fall 2022 semester. The recipients of the scholarships were:

JAYLENNE TORO

- Exercise Science
- Presented by the Dr. Walter Tylicki Family
- Union County College

JESUS RODRIGUEZ

- Electrical and Computing Engineering
- New Jersey Institute of Technology

LUKAS MIKULENAS

- Cyber Security
- Stevens Institute of Technology

Congratulations to these outstanding students who will be making a difference in our community for the future.



(above, l-r) Kiwanian Mary Phillips and Lukas Mikulenas



(above, l-r) Jesus Rodriguez, Jaylenne Toro, and Kiwanians Stella Tylicki, and June Lazaro

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CHAMBER BUSINESS AWARDS AND SCHOLARSHIPS (continued from page 1)



(above) Linden Chamber of Commerce Chairperson Janet Miller presented a 'Business of the Year' award to Columbia Bank representatives Libby Bajgerova and Ingrid Andrade.



(above) Ann Ferguson, Executive Director of the Housing Authority City of Linden (holding a 'Business of the Year' plaque), surrounded by members of the Board of Commissions of the Authority, and the Chamber of Commerce.



(above) Linden Mayor Derek Armstead, Person of the Year Mary Phillips, Linden Chamber members Janet Miller, Maria Castanheira, and Ingrid Andrade



(above) The Touring Troupe of the Linden High School Madrigals, under the direction of Mr. Cosby, entertained the audience.



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SUMMER CONCERT SERIES

The City of Linden Summer Concert Series continues thru September. All concerts are free and start at 7:30 p.m. They are held at the Raymond Wood Bauer Promenade, 400 North Wood Ave., Linden, NJ. Seating is first-come, first-served. Additional seating available for

lawn chairs as space permits.

In event of inclement weather, the concerts are held as scheduled at the JTG Recreation Center, 330 Helen St.

For up-to-date concert/rain information, call 908-474-8604 after 4:00 p.m.

Friday, June 24 - Swing Combo - Salsa

Tuesday, June 28 - Epic Soul - Soul/R&B

Friday, July 8

Tuesday, July 12

Tuesday, July 19

Friday, July 22

Tuesday, July 26

Tuesday, August 2

Friday, August 5

Tuesday, August 9

Tuesday, August 16

Friday, August 19

Tuesday, August 23

Tuesday, August 30

Friday, September 3

Tuesday, September 6

Friday, September 9

Tuesday, September 13

Tuesday, July 5 Tequila Rose - Country

The Black Rose Band - Classic Rock

(Special Opening Act) Mystic Vision Players performing songs from "High School Musical" Jesse Garron - Elvis Tribute - Rock

Jo Bonanno & the Spirit of Asbury Park - Rock

Mush Mouth - Rock

Frontiers - Journey Tribute - Soft Rock

Sensational Soul Cruisers - Motown

Linden's Bless the City Event - Linden Gospel Music

Funk Salsa Urban - Salsa

Valarie Adams & Dimension - Jazz

100 Proof - Country/Rock

Beatlemania - Beatles Tribute - Rock/Pop

Karickter Band - Jazz

Jersey Shades - 50s & Up

Gentlemen of Soul - Earth, wind & Fire Tribute - R&B

High Strung - Rock/Country

Van Halen Nation - Van Halen Tribute - Rock




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(above) Westfield Chess Club General Manager and Chief Tournament Director John Moldovan and Jessica Lee at the 2022 JL All-Girls Chess Tournament which took place on May 29, 2022. Each participant went home with their very own chess set.

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GIRLS' CHESS TOURNEY POWERED BY U.N. GRANT

On Sunday May 29, 2022, the 2022 JL All-Girls Chess Tournament took place at the Westfield YMCA, under the auspices of the Westfield Chess Club, considered one of New Jersey's most celebrated chess clubs. The goal of this event was to further chess for girls in the local region. This event was the brainchild of Jessica Lee, a high school student from Mountain Lakes, who won a grant to run this tournament through the United Nations Foundation. Lee has been playing chess since age 5 ½ and wanted to introduce the game she loves to girls, since they tend to be underrepresented in chess.

Lee recounts that the vast majority of players she has encountered in tournaments have been male players. "Usually at a tournament there are only a handful of girls... I would love to see this change." At her high school, she is the only girl in her chess club. She feels this is a shame because she has derived so many benefits from chess. "Chess teaches you so many things: patience, resilience, analytics, and goal-setting." She and her twin brother, Justin, who also plays chess, have had years of chess lessons, chess camps, and have attended nearly 300 tournaments. At many events, where there were prizes for "mixed doubles," meaning a team of a male and a female, she would get many offers to be on a team, because there were so few girls relative to boys.

On Sunday, Lee gave a chess introduction lecture to about 15 girls, many of them very

young, with the youngest age 6 years, reviewing the basic tenets of chess. Following that, there were practice games, a tournament with rated and unrated sections, with pizza, cookies, and chips offered. Finally, each girl went home with their own portable chess set.



(above, l-r) Rebecca Nunez of Bedminster plays Scarlett Correcher Pregoni of Linden.



(above, l-r) Tournament organizer Jessica Lee giving a chess lecture to participants.

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YOU'RE INVITED! TO YMCA OPEN HOUSE - JULY 28-31

The Gateway Family YMCA is celebrating a Find Your Summer Open House event July 28-31, available free to the local community. Everyone is invited to visit and Find Your Summer, Find Your Passion, Find Your Y at The Gateway Family YMCA. Individual events hosted at Y branches in Elizabeth, Rahway and Union include family swimming and basketball, water exercise programs, and group exercise programs like yoga or Zumba. Event details are available at tgfymca.org/events

"To be our best selves, we need to take care of our whole selves. At the Y, our supportive community will inspire you to find your inner strength so you can expand your health in spirit, mind and body," stated Krystal A. Canady, CEO, The Gateway Family YMCA. "The past two years have been hard on our community, and especially our families. We are happy to be opening our doors and providing some family fun and stress relief in the form of healthy activities, events and information."

The Gateway Family YMCA has served the local community since 1900, and provides programs and services with the goal of building community, developing youth and creating a

safe experience. With a unique focus that encompasses programs and services for all ages, the Y is poised to assist families in a very intentional way, as a partner in their holistic wellness. In addition to the Open House, new members who join with a Family Membership at The Gateway Family YMCA online at tgfymca.org/join-the-Y will pay \$0 Joiner Fee with the code FAM July 28-31.

"At the Y, you'll find more than just a place to work out. With opportunities to connect with new people, develop new skills and explore new interests, you might just discover a new passion, too," stated Melynda A. Mileski, EVP/Chief Operating Officer. "We understand flexibility is important in today's world and have added virtual options for 24-hour access for our members, as well as tools and resources like YMCA360 and Nationwide Membership."


This June, The Gateway Family YMCA launched a Community Membership initiative, an opportunity for everyone to participate in designated Y programs, special events and communications through a complimentary membership designed to provide access to all, while remaining connected to each other and the

community. More information is available at www.tgfymca.org/community-membership

In addition to traditional Y programs like Youth Sports and Swimming Lessons, The Gateway Family YMCA also offers Child Care, Before and After School Care, Summer Day Camp, Virtual WISE Adult Services, Chronic Disease Management programs, Residential Housing and Social Services.

The Gateway Family YMCA is a 501(c)(3) non-profit, health and community service organization of caring staff and volunteers dedicated to strengthening community through Youth Development, Healthy Living and Social Responsibility. The Gateway Family YMCA impacts the community by providing quality services for all. The Y doesn't just strengthen bodies – it strengthens people, families and communities.

For more information about The Gateway Family YMCA, visit tgfymca.org or contact the Elizabeth Branch 908-355-9622, Five Points Branch 908-688-9622, Rahway Branch 732-388-0057 or the Wellness Center and WISE Center Branch at 908-349-9622.



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EIGHTH-GRADERS EARN WAY INTO KEAN'S DUAL-ENROLLMENT PROGRAM

Linden public Schools

Six Linden Public Schools eighth-graders have been accepted into the Kean University Scholar Academy, a unique program that selects the best and brightest incoming high school freshman and gives them the opportunity to earn enough credits to be college juniors by the time they graduate high school.

The students who earned this honor are Emily Avila, Pipelewaoluwa Olanrewaju, Joshua Siegel and Mohamed Gueye from McManus Middle School, and Tilelli Oukhellou and Savonne Johnson from Soehl Middle School.

"We are so proud of these students and all they have achieved," said Superintendent Dr. Marnie Hazelton. "Thank you to Kean University and Dr. Repollet for giving these exemplary young adults the chance to get a leg up on continuing their education after high school at great financial savings and accelerated rate."

The Kean Scholar Academy is a dual-enrollment initiative that offers students the opportunity to earn credits and participate in pre-college mentorships, internships, and other enrichment activities that support their academic journey toward college. The students will participate in a three-week summer orientation at Kean's Union and Skylands campuses to learn about the college experience and meet members of their cohort from other schools. Students in the program are not required to attend Kean University, but can transfer those credits to get a head start if they choose to go to college elsewhere.

"I am beyond thrilled that we are able to offer this to our students," said Isabella Scocozza, Linden Public Schools' director of grants and federal funding, who coordinated the implementation of the program for the district. "As a first-generation college graduate, I realize it is important to provide these opportunities to our students within the Linden Public Schools at an early age."

Scocozza reached out to Kean University to set up the partnership that allows Linden to participate in the Kean Scholar Academy. She then worked with school counselors to reach out to students who may be interested and coordinated a parent night with Kean staff to review the program for families.

Students had to fill out applications with the help of school counselors, write a college essay, and submit documents on grades and attendance records.

"Not every student got into the program, and

it was quite competitive," Scocozza said. "These students competed against hundreds of others throughout the state."

The process culminated with their formal acceptance when Kean President Dr. Lamont Repollet and Kean Scholar Academy administrators visited Linden on June 8 to welcome the six students to Kean. Repollet is a former New Jersey commissioner of education who spoke at the Linden High School commencement in 2018. He created the Kean Scholar Academy out of a desire to see New Jersey higher education work more closely with K-12 education.

"We are excited to welcome you to the Cougar family," Repollet told the students at the formal acceptance. "We wanted to create a unique experience for students. My theory is that if we

challenge our students and provide them with supports, then they can achieve anything they want. We're going to support them social and emotionally, academically, but we're going to give them a true college experience."

He said that in the first year of the Kean Scholar Academy, the program has a high retention rate and that the students are excelling in high school.

One of the administrators who accompanied Repollet was Dr. Brian Zachowski, Kean's vice president for Entrepreneurial Education Initiatives, who grew up as a Linden Tiger who attended Soehl and Linden High School. He mentioned the Kean motto, "Cougars Climb Higher."

He then added, "And Tigers make great Cougars."



(above) Kean University President Dr. Lamont Repollet, left, visited Linden on June 8 to welcome six eighth-graders into the Kean Scholar Academy, a program that allows students to earn college credits while in high school. With Dr. Repollet are Kean Scholar Academy eighth-graders Joshua Siegel, Savonne Johnson, Tilelli Oukhellou, Emily Avila, Mohamed Gueye, and Pipelewaoluwa Olanrewaju, and Linden Public Schools Superintendent Dr. Marnie Hazelton.

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(above) On June 10, members of the Linden Police Department participated in the Law Enforcement Torch Run to benefit the NJ Special Olympics which were held at The College of New Jersey.

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We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

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Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

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Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

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Start with an audit/analysis of your website giving you a report and recommendations for \$250.

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Online at RennaMedia.com
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Advertise
in 1 or all
24 towns



Berkeley Heights COMMUNITY NEWS Qty: 4,700 Zip: 07922	THE CHATHAMS NJ Qty: 7,500 Zip: 07928	Clark Monthly Qty: 6,700 Zip: 07066	CRANFORD MONTHLY NJ Qty: 9,900 Zip: 07016	Elmora Hills ELIZABETH, NJ Qty: 5,400 Zip: 07208 Section of Elizabeth, NJ	Fanwood Post NJ Qty: 3,000 Zip: 07023
Florham Park Press NJ Qty: 5,500 Zip: 07932	Garwood NJ Times Qty: 2,500 Zip: 07027	Green Brook NJ Gazette Qty: 3,000 Zip: 08812	BUSINESS • LIFE KENILWORTH NJ Qty: 3,500 Zip: 07033	LIFE in LINDEN Qty: 17,900 Zip: 07036	Long Hill LEADER NJ Qty: 3,500 Zips: 07933, 07946, 07980
MADISON MONTHLY NJ Qty: 6,300 Zip: 07940	MOUNTAINSIDE VIEW NJ Qty: 2,900 Zip: 07092	New Providence NEWS NJ Qty: 5,100 Zip: 07974	OUR TOWN Rahway, NJ Qty: 13,000 Zip: 07065	ROSELLE PARK MONTHLY Qty: 5,600 Zip: 07204	Scotch Plains NJ WHAT'S HAPPENING MONTHLY Qty: 9,400 Zip: 07076
Short Hills MILLBURN MONTHLY NJ Qty: 8,200 Zips: 07041, 07078	Summit NJ Times Qty: 9,600 Zip: 07901	Spirit of UNION NJ Qty: 6,800 Zip: 07083 (partial)	WARREN MONTHLY NJ Qty: 6,200 Zip: 07059	Watchung Post NJ Qty: 2,700 Zip: 07069	Westfield NJ MONTHLY Qty: 11,800 Zip: 07090

NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

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July

A

Triple Birthday Month!

07/04 America – 246 Years Old

07/14 – Epicor – 50 Years

07/14 – Mercer – 40 Years



Celebrate!



Thank you France

Merci

Enjoy Our Freedoms!

‘And’

Have A Hot Sales Month

1972 – 2022

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Epicor / Mercer

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Hours: Mon. thru Wed. 9am - 9pm, Thur. - Sat. 9am - 10pm, Sun. 10am - 7pm

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WHISKY

Ballantine	1.75L	\$28.97
Buchanan's 12yrs old	750ml	\$28.99
Buchanan's 12yrs old	1.75L	\$55.99
Bushmill's Irish	1.75L	\$42.99
Chivas Regal	750 ml	\$29.99
Chivas Regal	1.75L	\$58.99
Chivas Regal 18 yrs old	750 ml	\$72.99
Crown Royal	750ml	\$28.99
Crown Royal	1.75L	\$50.99
Dewars 12 yrs old	750ml	\$25.99
Dewars 12 yrs old	1.75L	\$45.99
Dewars White Label	750 ml	\$19.99
Dewars White Label	1.75L	\$32.99
Gentleman Jack	750ml	\$29.99
Gentleman Jack	1.75L	\$52.99
Glenmorangie 10 yrs old	750ml	\$40.99
Glenlivet 12 yrs old	750 ml	\$50.99
Glenlivet 12 yrs old	1.75L	\$97.99
Grants	750ml	\$15.99
Grants	1.75L	\$23.99
Jack Daniels	750ml	\$25.99
Jack Daniels	1.75L	\$47.99
Jack Daniels Fire	750ml	\$25.99
Jack Daniels Fire	1.75L	\$47.99
Jameson	750ml	\$30.99
Jameson	1.75L	\$56.99
Jim Beam Whisky	1.75L	\$31.99
Johnnie Walker Blue	750ml	\$193.99
Johnnie Walker Blue	1.75L	\$425.99
Johnnie Walker Black	750ml	\$28.99
Johnnie Walker Black	1.75L	\$59.99
Johnnie Walker Double Black	750ml	\$34.99
Johnnie Walker Red	750ml	\$19.99
Johnnie Walker Red	1.75L	\$32.09
Macallan 12yrs old (double cask)	750ml	\$60.99
Makers Mark	750ml	\$27.99
Makers Mark	1.75L	\$52.99

GIN

Beefeater	1.75L	\$35.99
Bombay Sapphire	1.75L	\$37.99
Seagram's gin	1.75L	\$19.99
Tanqueray	750ml	\$21.99
Tanqueray	1.75L	\$36.99

COGNAC & BRANDY

Courvoisier V.S.	750ml	\$32.99
Courvoisier V.S.	1.75L	\$57.99
Remy Martin V.S.O.P.	750ml	\$48.99
Remy Martin V.S.O.P.	1.75L	\$104.95

CORDIALS

Bailey's Irish Cream	1.75L	\$47.99
Duggan's Irish Cream	1.75L	\$28.99
Kahlua	1.75L	\$39.99
Krupnik	750ml	\$17.99
Licor 43	750ml	\$25.99
Licor 43	1.75L	\$42.99

VODKA

Absolut (regular)	750ml	\$19.09
Absolut (regular)	1.75L	\$29.09
Belvedere Vodka	750ml	\$27.99
Belvedere Vodka	1.75L	\$44.99
Ciroc (all types)	750ml	\$29.99
Ciroc (all types)	1.75L	\$57.99
Finlandia	750ml	\$15.99
Finlandia	1.75L	\$25.99
Grey Goose	750ml	\$24.99
Grey Goose	1.75L	\$39.99
Ketel One	750ml	\$19.99
Ketel One	1.75L	\$39.99
Lukusowa Vodka	1.75L	\$23.99
Pinnacle (all types)	750ml	\$11.99
Pinnacle (80 proof)	1.75L	\$17.99
Skyy	1.75L	\$19.99
Sobieski	750ml	\$11.99
Sobieski	1.75L	\$19.99
Stolichnaya (all types)	1.75L	\$29.09
Tanqueray Sterling	750ml	\$19.99
Tanqueray Sterling	1.75L	\$30.99
Three Olives (all types)	1L	\$19.99
Tito's Vodka	1.75L	\$30.99

RUM

Bacardi Light & Gold	750ml	\$12.99
Bacardi Light & Gold	1.75L	\$19.19
Captain Morgan Spice	1.75L	\$25.99
Malibu	750ml	\$18.99
Malibu	1.75L	\$27.99

TEQUILA

Deleon Blanco Tequila	750ml	\$37.99
Deleon Blanco Tequila	1.75L	\$59.99
Patron Silver	750ml	\$46.99
Patron Silver	1.75L	\$99.99
Cantera Negra Coffee Tequila	750ml	\$26.99

BEER

Becks (12oz) 24pk	24pk	\$25.99
Bud and Bud Lite cans	30pk	\$24.99
Bud and Bud Lite loose bottles	24pk	\$21.99
Coors Lite (24oz) cans	12pk	\$17.49
Coors Lite/Miller Lite loose bottles	24pk	\$21.99
Coors Lite/Miller Lite	30pk	\$24.99
Corona/Corona Lite loose bottles	24pk	\$31.99
Dab (16oz) cans	24pk	\$23.99
Dogfish Head 60 min.	24pk	\$37.99
Heineken/Heineken Lite bottles	24pk	\$30.99
Land Shark	24pk	\$26.99
Lech (500ml)	20pk	\$32.99
Modelo Especial cans	12pk	\$17.99
New Belgium Fat Tire	24pk	\$35.49
Pabst Blue Ribbon cans	30pk	\$19.99
Pilsner Urquell	24pk	\$30.99
Sagres	24pk	\$24.99
Sam Adams Boston Lager	24pk	\$35.25
Stella Artois loose bottles	24pk	\$32.99
Yuengling Lager bottles	24pk	\$22.99
Zywiec (11.2oz)	24pk	\$21.99

Bartenura Moscato	750ml	\$11.99
Barone Fini Pinot Grigio	750ml	\$11.99
Beringer White Zinfandel	750ml	\$ 5.99
Beringer White Zinfandel	1.5L	\$ 9.49
Black Box (All Types)	3L	\$19.99
Carnivor Cabernet Sauvignon	750ml	\$10.99
Casal Garcia Vinho Verde	1L	\$ 5.99
Cavit (All Types)	1.5L	\$15.99
Clos du Bois Chardonnay	1.5 L	\$19.99
Dom Perignon	750ml	\$199.99
Dreaming Tree (All Types)	750ml	\$12.99
Ecco Domani Pinot Grigio	750ml	\$10.99
Adagio Pinot Grigio	1.5L	\$ 9.99
Freixenet Brut, Extra, Extra Dry	750ml	\$10.99
Gato Negro (All Types)	1.5L	\$ 9.99
Gazela Vinho Verde	750ml	\$ 6.49
Joseph Carr Cabernet Sauvignon	750ml	\$29.99
Kendall Jackson Vintners Chardonnay	750ml	\$13.09
Kim Crawford Sauvignon Blanc	750ml	\$14.99
Louis Jadot Beaujolais Villages	750ml	\$13.99
Louis Jadot Pouilly Fuisse	750ml	\$26.99
Martini & Rossi Asti	750ml	\$11.97
Menage a Trois Red	750ml	\$ 9.99
Mi Amore Red	750ml	\$ 8.99
Moet Imperial Champagne	750ml	\$47.99
Noble Wine 337, 667	750ml	\$11.99
Papi (All Types)	1.5L	\$11.99
Ruffino Chianti	750ml	\$ 8.99
Ruffino Chianti	1.5 L	\$13.97
Ruffino Pinot Grigio	1.5L	\$13.99
Ruffino Tan label	750ml	\$19.99
Santa Margerita Pinot Grigio	750ml	\$22.09
Silver Oak Alexander Valley Cabernet	750ml	\$84.99
Simi Chardonnay	750ml	\$13.09
Woodbridge (All Types)	1.5L	\$12.49

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